

The San Juan Times.

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\$2.00 PER YEAR

HEALTH, HAPPINESS.

SAN JUAN COUNTY, N. MEX.,
THE CONSUMPTIVES' EDEN.

Life is Once More Enjoyed and
Rendered Valuable by Our
Climate.

Health, the source of which all true human enjoyment, all real energetic endeavors spring, is not only the great study of the physician, but is being promoted by the strong hand of organized benevolence. For generations, the dread disease of consumption has formed the object of the keenest diagnosis, the most profound research of the scientific. The attainment of knowledge on this subject has, undoubtedly, been marvelous: perhaps, indeed, it has been from the results of the aspirants in this branch of medical science that so much of the late wonderful discoveries of the causes of disease have been made.

Still, however, consumption has become more general. Each east it is the terror of the race. The finest men, the most intellectual, the most sensitively organized, are the victims. It strikes surely, and, if slowly, still surely.

This problem has had many solutions offered. But one answer alone has been made that carries with it not only the most natural and pleasant appearance of correctness, but has been proved by so many examples happily worked out—climate, simply, climate. This solution, which means change from the damp east to a different atmosphere, arose from the study, known as "climatology." Gradually its reason became acknowledged. Examples were known; they became frequent; and strange to say, the first cases of the arrest of the disease were in the travelers across the high, dry lands of Colorado, long ago.

Earnestly have those, who, from love of suffering mortality, aspire to save and help, studied the various climates of the country. They find that in certain districts, curative qualities are contained in the dry, pure air of these dry places.

We can refer here to the Invalid Aid Society, Chicago, organized to assist in the removal of consumptives to favorable places. This society has formed a reliable bureau of information. Hence, the invalid may feel no uncertainty as to his proposed change. The first place mentioned in their list of refuges for consumptives is New Mexico.

We have read articles on the formation, ideas and plans of this society; and the information, we give now is valuable not only to this, but kindred societies and individuals. San Juan county, New Mexico, situated in the north-west corner of the Territory, is of an altitude 5000 feet, which, while not being so great as to cause nervousness and vital reaction, possesses the intensely curative qualities of air and earth, is free from phthisis and stays the disease in most invalids.

It is known to make men of consumptives who reach here in an advanced stage of illness; whilst the disease never commences here. Examples are all around us. Inquiry will bring names from all sides. The authority of resident physicians can be had. Dr. A. Rosenthal, of our town, Farmington, who came from New York, will give his wide experience of the strange subtle influence of this climate on sufferers from consumption. Here men, like Dr. Wallace, who have lived here, enjoyed health for years, will state that, but for the climate and place, they would have died long ago.

The position of this district is so favorable, a few hours' journey from Durango, Colorado. It lies sufficiently south to be entirely free from the mountain snows. Its winters are dry and mild, the everlasting sunshine modifies the cold, whilst the air is sun-dried and deliciously rarified.

Summer is never unbearably hot. The convalescent does not have his increased strength sapped by any

by our markets; the health seeker in this district can find the occupations most favorable to the acquisition of strength. All round us are orchards and smiling fields of alfalfa and grain for the orchardist and farmer; mesas and valleys for the excursionists; splendid scenery, with Aztec ruins and canons for the artist and explorer. Lands are to be had within reach of all. Social requirements are complied with. Colonization and communitarian life can be attained here in its perfection for here are lands within reach of all, with unfailing water from our large rivers to irrigate them. The best training is a practical one among our hospitable ranchmen. The results a new lease of life, and a fresh grasp on the hopes and aims of existence.

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STATE OF OHIO, CITY OF TOLEDO, ss.
LUCAS COUNTY.

FRANK J. CHENEY makes oath that he is the senior partner of the firm of F. J. CHENEY & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE.

FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 8th day of December, A. D. 1895.

A. W. GLEASON,
Notary Public.

Hall's Catarrh Cure is taken internally and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free. F. J. CHENEY & Co., Toledo, O.

Sold by Druggists, 75c.

Beware of Ointments for Catarrh that Contain Mercury.

As mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. CHENEY & Co., Toledo, O., contains no mercury and is taken internally, acting directly upon the blood and mucous surfaces of the system. It is the only Catarrh Cure on record that cures. It is taken internally and is made in Toledo, O., by F. J. CHENEY & Co. Testimonials free. Sold by druggists, price 75c per bottle.

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